

METRO-EAST LUTHERAN HIGH SCHOOL HIGHLIGHTS

(618) 656-0043



MELHS.ORG



@MELHS.KNIGHTS



Please pray...

- Giving thanks for the many talents of our students.
- For our upcoming Open House and the families who will be visiting our school.

UPCOMING EVENTS

Open House

February 1, 2026

Early Dismissal - 1:10pm

February 10, 2026

No School - Winter Break

February 13, 2026

No School - President's Day

February 16, 2026



Announcements

Open House: Please invite your friends and family to our Open House for new students. It is Sunday, February 1 from 1:00-3:00. They may tour our school and meet our teachers. Find out what it takes to become a Knight!

Academic Challenge: This is a test-taking competition. Each member of the team takes tests in 2 of the following subject areas: math, chemistry, physics, biology, english, engineering graphics, and computer science. There are no practices, and the first competition is on February 26. If you are interested in joining the team or learning more about it, please get an application from Mr. Moldenhauer's room. Applications are due by January 23.

Monday - Junior Jump-Start is in the media center at 7 p.m. for all juniors.

Enrollment: Enrollment for the 2026-2027 school year is now open! Please spread the word to family and friends that may be looking at high school options for next fall.

Track and Field: Students who are interested in participating in track and field this spring please sign up in Mrs. Doyle's room by Tuesday. Coach McCallister would like to get your contact info.

Dine to Donate: Please mark your calendars for a Knight Stewards Dine-to-Donate opportunity on Monday, February 23 from 4 - 8 p.m. at Panera Bread in Edwardsville. 25% of receipts will help fund various educational efforts at our school. The fundraising flyer will be included in Highlights.

UPDATE -Mark your calendars The St. Paul Hymn Festival is rescheduled to February 8 at 3:00-4:15 PM at St. Paul's Lutheran Church, 112 N. Border Street, Troy IL.

Sign-Up for the Spring Concordia, Nebraska Road Trip! March 19-21st We will leave March 19 at 7:30 am and return the evening of Saturday, March 21. Students will be able to tour the school and meet with professors and admissions counselors. This will be a great opportunity to experience the Concordia, Nebraska campus. Register here, space is limited:



Announcements

14 Thrivent Action Team grants needed this semester:

We are looking for Thrivent policy holders who would be willing to use one of their two Action Team grants to help the MELHS Student Success Center provide food to students in need. We need 14 volunteers to help provide for the needs we face this semester. If you are a Thrivent member willing to support a week of our work in the center, please sign up on this sheet and Director of Student Success Faith Spelbring will be in touch with wording you can use to fill out the request form.
<https://www.wejoinin.com/sheets/bdubr>

STUDENT SUCCESS CENTER – OPEN DAYS CHANGE THIS MONTH

Our center will be operating with an adjusted schedule this month. We will be closed on Mondays. But we will be open Tuesday through Friday through February 6th. A calendar is posted on the door of the Student Success Center if you need clarification.

Save the Date: Mark your calendar for the annual Sigmund Bohnet Memorial Golf Tournament, which will be held on April 11 at Arlington Greens Golf Course in Granite City. If you are willing to help make this event a success, please contact rob.stock@melhs.org.

Swim: Boys that are interested in swimming please speak to Ms. Sparks.

FCA Guys Weekend of Champions will be March 6–8, 2026.

Register at stlfca.org/guysweekend

See attached flyer for more information!

SIUE's Society of Women Engineers is hosting an annual Introduce a Girl to Engineering Day on Saturday, February 28 from 8:30 am – 3:15 pm for grades 6–12. Please see sign up [HERE](#).



Metro-East Lutheran High School

OPEN HOUSE

February 1, 2026
1–3 p.m.

6305 Center Grove Road
melhs.org

Sports/Activities Schedule

Scholar Bowl – 1/29 Home vs Waterloo/Granite City/Mascoutah, 2/5 at O'Fallon with Roxana and Althoff, 2/7 TBA Conference Tournament

Bowling – 2/3 Girls at Jerseyville, 2/6 TBA Girls Regionals

Girls Basketball – 2/6 at Maryville Christian, 2/7 Home vs Bunker Hill

Boys Basketball – 1/30 at Alton, 1/31 at Manual High School Shootout vs Danville, 2/3 Home vs Father McGivney, 2/4 at Southwestern, 2/6 Home vs Maryville Christian

Wrestling –

College Reps

College visits are starting. Watch the daily announcements for more information about which schools will be sending representatives. To attend a college visit, juniors and seniors need to see Mrs. Behrhorst the day before the visit to receive a pass. You must still get permission from your teacher for the time that you will miss from class.

- 2/4 Ranken Tech Rep Visit

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? ²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?"

Matthew 6:25–26

Stay Updated!

Follow our social media pages so you can stay up to date on everything happening during the school year. Please email any pictures to kori.krause@melhs.org.

Knight Stewards

Thank you to those of you who attended the Knight Stewards meeting last Thursday! It was a great time to connect, meet new friends and share ideas and updates. For those of you who missed the meeting, here are some updates:

- Once our proceeds from the Night of Knights Auction are added to our account, we will have raised over 50% of our goal. We're right on track!
- Since some of the teams/groups/clubs haven't needed to use their entire allocated amounts, we have a surplus in the account and are making plans to support a few larger items needed on the MELHS campus. Thank you to the leaders and coaches for their good stewardship!
- We have around 50 more athletic contests in which concessions will be sold. There are about 125 open slots remaining. We'd appreciate your support. Sign up here: <https://signup.com/go/UQmNYsA> Only 24 of the 85 MELHS families have signed up for their 5 slots.

Thank you for supporting the Peel Dine to Donate on Monday! It was great to get out of the house and eat with friends!

Our next Dine to Donate will be Monday, February 23rd at Panera Bread in Edwardsville. Please show the flyer. MELHS will receive 25%!

Thanks again for all your support of the Knight Stewards and the extracurricular activities at MELHS!

Misty Menossi (president@knight-stewards.melhs.org) and Jennifer Schilbe (secretary@knight-stewards.melhs.org), Co-Chairs, Knight Stewards



We're raising dough!

METRO EAST LUTHERAN HIGH SCHOOL KNIGHTS

February 23, 2026

4:00 pm to 8:00 pm

6683 Edwardsville Crossing, Edwardsville, IL

Use code **FUND4U** at panerabread.com, in the Panera App, or at the kiosk in-cafe.

Online orders placed all day at your event cafe will count toward your total sales.

25%

OF NET SALES
WILL BE
DONATED*

Bring this flyer or show a digital copy to your cashier when ordering at the cafe to ensure your organization gets a portion of the net sales.

Panera
FUNDRAISING

*20% fundraiser: Up to 20% of net sales from your designated and registered fundraising event will be donated to your approved organization. Minimum sales of \$100 on the specified date, time and location required to receive 20% donation. 25% fundraiser: Up to 25% of net sales from your designated and registered fundraising event will be donated to your approved organization. Minimum sales of \$150 on the specified date, time and location required to receive 25% donation. General terms: Details on percentage of net sales to be donated and the minimum sales requirement will be provided during the event registration process. Fundraising events available only at participating US bakery-cafes. Fundraising event details and available dates and times for fundraising events will vary by bakery-cafe. Gift card purchases, catering orders, and orders placed on third party delivery sites are excluded and will not count towards the total net sales from your designated fundraising event. This offer will be void if flyer is distributed in or near the participating bakery-cafe on the night of the event. Fundraising events may be cancelled without notice due to abuse, error, fraud, computer error, electronic or technical malfunctions, or other unforeseen or unintended circumstances. Other restrictions may apply. For more information on how our fundraising events work, please visit: <https://fundraising.panerabread.com/faq>.

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INTRODUCE A *Girl* TO ENGINEERING DAY

FEBRUARY 28, 2026
8:30AM - 3:15PM



KEYNOTE SPEAKER **Cathleen Gotsch**

CATHLEEN GOTSCH IS AN EXPERIENCED ENGINEERING PROFESSIONAL WITH OVER 20 YEARS IN THE AEROSPACE AND DEFENSE INDUSTRY, CURRENTLY SERVING AS A SENIOR PROJECT ENGINEER AT THE BOEING COMPANY, WHERE SHE LEADS DEVELOPMENT EXCELLENCE INITIATIVES FOR THE AIR DOMINANCE DIVISION. SHE HOLDS BOTH A MASTER'S AND BACHELOR'S DEGREE IN ELECTRICAL ENGINEERING FROM SOUTHERN ILLINOIS UNIVERSITY EDWARDSVILLE AND IS DEDICATED TO MENTORING ENGINEERS THROUGH THE BOEING SOCIETY OF WOMEN ENGINEERS MENTORSHIP PROGRAM WHILE SUPPORTING STEM OUTREACH IN THE COMMUNITY. CATHLEEN BEGAN HER CAREER IN 2002 AS AN ELECTRICAL DESIGN ENGINEER AT DRS TECHNOLOGIES IN ST. LOUIS AND HAS CONTRIBUTED TO VARIOUS INNOVATIVE PROJECTS, INCLUDING THE FLIGHT CONTROL AVIONICS FOR BOEING'S X-WING DRONES.

WHAT TO EXPECT

-  **Keynote Speaker**
-  **Hands-On Engineer Activities in Computer Science, Electrical/Computer, Mechanical, Civil, and Industrial Engineering**
-  **Professional Panelists Discussion with Q&A**
-  **Lunch will be provided**

ALL STUDENTS GRADES 6-12 ARE INVITED

-  **Register by 02/06/2026**
-  **SIUE Engineering Building**

REGISTER HERE!



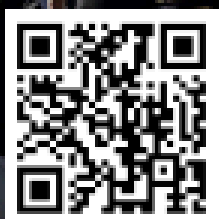
[HTTPS://IGEDAY26.EVENTBRITE.COM](https://igeday26.eventbrite.com)

FREE TO ATTEND
WITH REGISTRATION

GUYS WEEKEND OF CHAMPIONS



March 6-8 / Lake Williamson Christian Center / Carlinville, IL



Early Bird
price of \$199
until Jan. 9!
(\$250 after)

Register at stlfca.org/guysweekend or use the QR Code above.
Financial Assistance is available.
Contact Mark Oberhauser for more information: 618-219-0489